



# Dinner n' Learn

Families with children ages 0-6 years, learn more about healthy living!

**August 2nd:** Growth and Development for your Child

**August 16th<sup>th</sup>:** Healthy Eating for the Whole Family

**August 23rd:** Physical Activity for You and Family

**August 30th:** Cooking for Picky Eaters

**Time:** 5:00-6:30 pm

**Location:** Curve Lake Health Centre

Dinner will be provided each night. There will be a grand prize draw for Williams Outfitters Shore Lunch for up to 5 people. All 4 dinner n' learns must be attended to be put into draw.

*To sign up or for more information, contact Melanie at 705-657-2557 or*

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